



create your own story!

FROM THE HEADMASTER



WELCOME BACK

I It was really lovely to welcome the students (and their families) back to School this week. The grounds have certainly been very quiet over the past eight weeks. I do hope that you and your family had a blessed Christmas and had a chance to relax and enjoy each other's company.

A new School year is before us, the last in another decade. Our children are another year older which only means one thing, we are getting older as well.

I read an interesting article over the holidays about *time*. It suggested that there are two types of time, *actual time* which is unchanging, and *mind time*, or our perception of time. Our perception of time changes the busier or the fuller our lives. For example, for some the Christmas holiday probably went incredibly slowly and you couldn't wait for our children to start School again, while for others, it was gone in the blink of an eye.

In Ecclesiastes Chapter 3 (a book in the Bible's Old Testament) the writer begins a poetic description of time, "There is a time for everything, and a season for every activity under the heavens." The writer points out that we each have an allotted amount of time. The question for us to consider is, "How will we use the time given to us?"

At our beginning of year service, the new Student Leaders were inducted by the Bishop. Before making their pledge, at the leadership camp on the long weekend they were challenged to think about what leadership actually is. For us at St Paul's School, leadership is about servanthood. It is about putting others first, seeking ways to make a positive difference in the lives of the people we come across and the communities we live in.

Pictured (right): Student Leaders making their pledge during the Induction Service.



FROM THE HEADMASTER

This concept of leadership (or call to use our time wisely) is captured in our School's purpose statement: to prepare resilient, global citizens, who are innovative thinkers, *with a heart for servant leadership*.

While this year's Student Leaders, witnessed by the greater community in the Walker Centre on Wednesday, made a commitment to serve, we are all ultimately called to make a positive difference to others. We each have an allotted amount of time. Our lives will be fuller, richer, and filled with greater joy when we chose to use our time wisely in service of others.

As the new year begins, I encourage all our students (and members of our greater community) to make good use of the time we have been given – be a blessing to others.

DR PAUL BROWNING
HEADMASTER



FROM THE EXECUTIVE DIRECTOR OF FAITH & COMMUNITY



TRANSITIONS

Welcome back to a new year - especially to those parents and carers who have just joined the St Paul's Community. Various staff contribute to these Newsletters each fortnight to communicate about upcoming events and topical issues. The Headmaster and I also use the opportunity to disseminate information about various aspects of School philosophy, policies and procedures.

A highlight of this week for me was the start-of-year service and Induction of Student Leaders (including all of Year 12), on Wednesday morning. I have confidence that the student body will be well led in 2019, under the overall leadership of School Captains Lauren Stanley and Simeon Gover.



Together with the House Leaders, I spent last Saturday and Sunday on camp with the Captains (School, House and Executive), building the team and developing leadership skills. A particularly symbolic moment for me was when last year's School Captains, Max Vidler and Julia Munt, visited to speak with the incoming Captains – passing on tips and helping to allay fears. I was struck at the time by the importance of these times of transition, as one person hands on a responsibility to their successor.



As I reflected on the idea of transitions, the analogy of a relay team came to mind. You know how relays work: it's not purely about having four fast runners, but also about what happens in the transitions as the baton is passed from one runner to the next. The fastest team (based on individual sprint times) can easily come unstuck if they haven't sorted out what should happen in the transition zone. Worst-case scenario: the baton is dropped and the race is lost.

Pictured (left): Student Leaders brainstorming and participating in team-building activities on their Leadership Camp.

FROM THE EXECUTIVE DIRECTOR OF FAITH & COMMUNITY

I could stretch the analogy further to talk about the importance of communication between runners, or about the importance of the second runner getting up to speed before they receive the baton from the first. Metaphorically speaking, this is what our camp was all about – getting up to speed, becoming better communicators and developing a sense of team. The Captains have some exciting ideas about how they hope to lead the School this year, and the legacy they want to leave.

Of course, the seniors aren't the only ones who have made an important transition this week. 82 students made the transition from primary/Junior school into secondary school/Year 7. Under the watchful eyes of their core teachers and House Leaders, they have had a busy week – finding their way around, making new friends, joining new (vertical) Tutor Groups and getting used to different ways of doing things. I trust they have enjoyed themselves. A word of warning to their parents: before you know it, they will be in Year 12!

MR NIGEL GRANT
EXECUTIVE DIRECTOR OF FAITH & COMMUNITY

SECONDARY SCHOOL

IMPORTANT DATES

Please find a complete list of dates in the School calendar, accessible via Parent Lounge.

Activity	Date
Honours Assembly	4 February
Year 11 Information Evening	5 February (6.30pm)
Music Camp	6-8 February
Year 12 Information Evening	11 February (6.30pm)
Swimming Carnival	4 March
Year 7 Camp	6-8 March

WOMEN'S WEEK – 'LEADHERS' EVENT

St Paul's & the University of QLD join forces to bring you the LeadHer's Workshop to celebrate QLD Women's Week.

A unique experience where you can learn alongside your daughter! Share stories, reflect, learn strategies and achieve great things.

Who should attend?

The event is open to St Paul's current Year 9-12 female students, or past female students and their mum or a significant female figure in their life. You both attend and experience!

- Female students passionate about influencing & inspiring others
- Female students who want a unique insight into their mum's/aunt's/grandma's experiences
- Mums who want to further their leadership toolkit
- Mums who want to share this unique experience with their daughter
- Mum or female students with a side hustle? A great way to learn techniques for influencing others and looking after yourself

When: Monday 4 March, 2019

Time: 9am-3:30pm

Where: St Paul's School, Centre for Innovators and Entrepreneurs

To enhance the experience, **workshop numbers are limited.**

To learn more about the workshop and express your interest in a spot, please click [here](#).



JUNIOR SCHOOL



WELCOME BACK TO THE 2019 SCHOOL YEAR!

It has been so great to see all the children back and by the way, they have all grown!!

Our Year 4 students were particularly outstanding as they came to School in their formal uniforms for the first time. They all looked extremely proud of themselves and the School. I know they are very excited about their move to the upper primary section.

The new Pre-Preps also have had a great start to the School year and settled really well into the Centre. I am looking forward to watching them explore, create and grow throughout the year.

We also had many new families join us this year. We welcome you all and are looking forward to you becoming part of the Junior School community with us.

We also welcome new staff to the Junior School team:

- Mrs Helen Woodland into Pre-Prep
- Mr Colin McIntosh into Year 4

And Mrs Sarsha McGreevy into Prep who is joining us again after some leave.



Pictured: First day of Term 1 in Junior School



JUNIOR SCHOOL

SCHOOL TIMES

Please note that school starts at 8.35am and classroom doors open at 8.30am. It is extremely important that children are here on time so they don't miss out on important information at the start of the day.

School finishes at 3.10pm and again it is important for students to complete the day. Sometimes outside extra-curricular activities put pressure on children to be in attendance by 3.30pm and parents opt to take children early. This can impact on the students so we ask that you consider this as you make your plans.

For instance, did you know that being 15 minutes late each day is the same as missing approximately two weeks of school over the year?

CARPARK

We are a very busy campus and with this in mind I would like to remind everyone to be vigilant in the carpark and mindful we have new families who are learning the ropes.

Remember the pickup zones are for 2 minutes only and we ask you to keep moving if your child is not ready. It is great we can work together to keep everyone safe in the carpark.

IMPORTANT DATES

Please find a complete list of dates in the School calendar, accessible via Parent Lounge.

Activity	Date
Parent Teacher Evening	Wed 6 Feb <ul style="list-style-type: none"> 5.15-6.15PM – PP – Year 2 6.15-7PM – Specialist Market 7-8PM – Years 3 – 6
JSSG Meeting	Thurs 7 Feb – 7pm, Library
Junior School Captain's Induction	Fri 8 Feb
RESTA (Reptile Education) incursion for Year 3	Wed 13 Feb
Prep Excursion to White Ridge Farm	Thurs 28 Feb

MRS MARIANNE CONNOLLY
DIRECTOR OF JUNIOR SCHOOL

MUSIC

WELCOME BACK

Welcome back to the old hands, and welcome to any new families we have joining us in 2019. We hope you all had a wonderful and relaxing break with your families and are ready to start the busy year.

IMPORTANT NOTICES

- All lessons and rehearsals begin in Week 2, unless otherwise directed by the ensemble director or Music Tutor.
- Parents should look out for two important documents that need signing over the next couple of weeks – the new *Instrumental Lesson Agreement* form, which was sent to parents on Thursday, and the *Extra-Curricular Ensembles Agreement* form which will be given out in rehearsals by ensemble directors in the coming weeks. Please read over these carefully and return to the Music Centre as soon as possible.

MUSIC CAMP

We never ease into the year gently in the Music Department, and 2019 is no exception with two of our ensembles heading off to Music Camp in Week 2. This is a great opportunity for our musicians to have some intensive rehearsals and workshops, and for them to get to know the new members of the ensemble. Keep an eye out for photos on the St Paul's Music Facebook and Instagram pages late next week!

JAZZ AT LINCOLN CENTRE ORCHESTRA WITH WYNTON MARSALIS WORKSHOP PROGRAM

The St Paul's Big Band has been successful in our application into the 'Jazz At Lincoln Centre Orchestra with Wynton Marsalis Jazz Workshop Program', presented by QPAC and Griffith University, with funding from the US Government. This is an enormous privilege for our young musicians to work with some of the world's finest jazz players.

The LCJO (Lincoln Centre Jazz Orchestra) is an American big band and jazz orchestra led by Wynton Marsalis. The Orchestra, touring in March, is part of Jazz at Lincoln Centre, a performing arts organization based in New York City. Their artistic director, **Wynton Marsalis** is an American icon – a trumpeter, composer, teacher, and the artistic director of 'Jazz at Lincoln Center'. He has promoted classical and jazz music all around the world, often to young audiences. Marsalis has been awarded nine Grammy Awards and his 'Blood on the Fields' was the first jazz composition to win the Pulitzer Prize for Music. At the age of 22, he became the only musician to win Grammy Awards in jazz and classical music during the same year. At the award ceremonies the next year, he won again in both categories. Approximately seven million copies of his recordings have been sold worldwide.

The workshop will take place in the **Cremone Theatre (QPAC – Queensland Performing Arts Complex)** on **Wednesday 6 March** from **10.30-12.30am**.

MUSIC



***Pictured:** Jazz at Lincoln Centre Orchestra with Wynton Marsalis*

If you haven't already, please check out our [Music website](#), check the Music section of each St Paul's newsletter, like our [St Paul's Music Facebook page](#) and follow us on Instagram (@musicpsps) for Music information (and some great photos of your kids in action).

Have a wonderful start to the term, and we look forward to seeing you at a concert soon.

Kellee Green (Head of Music) and Clint Allen (Associate Head of Music)

SPORT

GOLF



Students in Years 7-12, parents and adult family members are invited to participate in the Term 1 Community Golf Program. The program will run weekly on Wednesday afternoons for five consecutive weeks, commencing Wednesday 20 February 3.30pm - 5.00pm on the School Golf Range.

The cost to participate in the Term 1 Golf Program is \$35.00 per student or \$50 for 1 student + 1 parent/adult.

If you are interested in participating please [click HERE](#) to sign up and receive payment details.

Mr Neil White
Golf Coordinator

TENNIS COACHING



www.tennisgear.com.au

Hot Shots Tennis Coaching

St Paul's School Tennis Program

Hot Shots Tennis is designed specifically for children aged 4 to 12 years old, uses modified courts, balls and equipment to help learn skills quicker and gain more enjoyment. At TennisGear we're committed to providing Brisbane's budding stars of tomorrow with a fun, social and safe environment to learn and enjoy tennis.

"CONNECTING AND DEVELOPING PEOPLE"

It's never been easier to enrol in Tennis!

For class times and more information simply give our friendly pro shop staff a call on **3266 1660**
OR
Enrol online at www.shawparktennis.com.au

tennis gear ShawParkTennis
www.tennisgear.com.au

GENERAL SCHOOL NEWS

ST PAUL'S AND CYBER SAFETY

St Paul's is committed to fostering a community of safe, responsible and respectful online users. To this end, for the students we deliver a program tailored to each year level. Additionally, we seek to keep parents and the wider community in touch with important issues and breaking news. Parents may like to visit our School's eSmart page on a regular basis to read interesting articles and to access links to relevant information. This link can be found via the School's webpage (Current Parents / eSmart) or via this link <http://www.stpauls.qld.edu.au/current-parents/esmart/>

SAFER INTERNET DAY

Let's all learn the 4Rs of online safety this Safer Internet Day Tuesday, 5 February 2019 is Safer Internet Day and our school is on board!

Safer Internet Day raises awareness about the positive role of digital technology and explores ways we can all contribute to creating a better, safer internet.

Coordinated by the Office of the eSafety Commissioner in Australia and celebrated in over 130 countries, this year's Safer Internet Day theme is **'Together for a better internet'**.

Parents are encouraged to get involved and support our young people in developing the critical skills required to successfully navigate the online world.

These skills take time to develop but they can help us in all areas of life - online and off.

Respect - I treat myself and others the way I like to be treated

Responsibility - I am accountable for my actions and I take a stand when I feel something is wrong

Reasoning - I question what is real

Resilience - I get back up from tough situations

St Paul's School is supporting Safer Internet Day by participating in a virtual classroom, organising pledge boards and having activities in the Libraries.

Help spread the word about creating a safer, more positive internet — start a conversation with your child about which of the 4Rs of online safety is most important to them and how can they help build a better internet for everyone.

The eSafety iParent site (<https://esafety.gov.au/iparent>) is packed with resources to help you address online safety with your children. Or take the Screen Smart Parent Tour to help your child manage online issues should they arise (<https://www.esafety.gov.au/education-resources/iparent>)

Judy Bolton

St Paul's School Cyber Safety Champion

GENERAL SCHOOL NEWS

STUDENT PHOTO DAY – 5 & 6 FEB

School photos are happening next week, **Tuesday 5 and Wednesday 6 February**.

Each student has received a personalised photo envelope. Please look out for this in your child's bag, and return to School with your child on photo day (even if you are not purchasing a photo package).

More details including photo schedule, sibling photos and ordering options can be found here:

<https://www.stpauls.qld.edu.au/photo-day/>

Please contact either Sarah Slade (s.slade@stpauls.qld.edu.au) or MSP Photography (production@msp.com.au / 3865 4291) if you have any further questions.



2019 TERM DATES

2019 Term Dates can be found on our website [HERE](#).

RETAIL SHOP

Opening hours: Monday to Friday, 8:00am – 4:00pm

For a list of 2019 uniform requirements, see [HERE](#).

2019 FEES

Term 1 fees are now due. We have a variety of options to assist with the payment of School fees. Full details can be found on our website.

To set up Direct Debit, please contact our Fees Administrator at s.erhart@stpauls.qld.edu.au or 3261 1388.

Sonya Erhart
Fees Administrator

WELLBEING CENTRE

COUNSELLING

Welcome back to the 2019 school year! We hope you all had a lovely relaxing break and feel refreshed and recharged, ready for the new year.

The new school year can bring about a range of emotions, both for our children and ourselves as parents! A new school, a different teacher, timetables, friendship groups are only a few of the many things children cope with at the beginning of the year. As parents, we want our children to be happy. Fortunately, teachers are experienced in these areas and well equipped to help students settle in quickly and get on with the business of learning. NB: If your child is struggling to settle in to school after the first two weeks, please talk to your child's teacher for support.

Parents can also help their child by having a positive mindset about school and engaging in positive conversations. Have you ever been frustrated when you ask your child "What did you do at school today?" and they reply with "Nothing." It can be difficult to maintain a balance of finding out information and not annoying them with a number of probing questions. Open ended questions prove invaluable in allowing your child to tell you what they think is important about their day. **What, Why, How** and **Tell me** are great sentence starters! Example: Tell me about your day or tell me about your teacher. Avoid direct or closed-ended questions (i.e. questions that lead to a simple yes/no response). For example, avoid using these sentence starters: *Should, Is, Did, Do, Could, Would, Will*. You may also find that as the afternoon and evening unfold, your children will continue to tell you little things that they have remembered about their day without us even prompting them!

Michael Grose, Director of Parenting Ideas has written an article on helping to make your child's year at school successful. You can read his article below.

Karen Semple and Ken McDonald
School Counsellors

MAKE THIS YOUR CHILD'S BEST YEAR AT SCHOOL EVER

(Contributed article)

A new school year means a fresh start for students. Regardless of your child's performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child's best year ever year at school:

- 1. Commit to your child going to school every day on time.** One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.
- 2. Help kids start each day well.** A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.
- 3. Establish work & study habits.** The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's or young person's school and help them establish a work routine that matches.

WELLBEING CENTRE

4. Make sure your child gets enough sleep. Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Insist kids exercise. The old saying about 'a healthy body and a healthy mind' is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly. Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be **open and tolerant**; to be **friendly**; to be **sensitive** to others; to be **involved in** plenty of activities and to be social **risk-takers**. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

7. Develop self-help skills. Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you'll find that the rest will fall into place.



By Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.

Helpful contacts

- Beyond Blue 1300 22 4636
- Kids Helpline 1800 55 1800
- Lifeline 13 11 14
- Youth Beyond Blue www.youthbeyondblue.com/

WELLBEING CENTRE

CAREER DEVELOPMENT

Young Tourism Leaders Presentations - Inspiring young Queenslanders are available to present to high school students and participate in careers expos to share the story of their career journey and highlight the opportunities the industry offers and the pathways available to kick-start a tourism career. They are passionate about sharing their insights and experience to encourage young people to consider the diverse, exciting careers available in tourism. To arrange for a Young Tourism Leader to present to your students or participate in a careers expo, contact the Department of Innovation, Tourism Industry Development and the Commonwealth Games on: yti@ditid.qld.gov.au.

CAREER NEWS

This service provides students, parents and staff members with up to date career information. The information is updated fortnightly and we highly recommend that you scan it regularly for items of interest, especially for students in the Senior School. Please **click HERE** to access the latest Career News.

Career information is also available on the St Paul's School Careers website at <https://www.stpaulscareers.com.au/>. Click [here](#) to see the latest newsletter from the website host, Career Tools.

USEFUL CAREER WEBSITES

My Future	www.myfuture.edu.au
Job Outlook	www.jobsearch.gov.au/joboutlook

SUPPORTER GROUPS

RUGBY SUPPORTERS GROUP



Rugby sign on is now available to all students in Years 3 to 12, whether you are a complete beginner or season pro it doesn't matter.

Sign on [HERE](#).

Sign up for the 2019
Rugby Season



HOCKEY SUPPORTERS GROUP



Welcome to the 2019 Season!

With the Junior season about to kick off, we would like to invite all parents to our February meeting this **Monday 4 February at 6pm in the Library**. If your child is considering doing hockey this year this is a great opportunity to learn more about the 2019 season and meet other parents. New faces are always welcome! Hope to see you all there!

Hockey Supporters Group Committee

President - Sandra Stanley (Children who play in Grade 12 & 4)

Treasurer - Moira Dunn (Child who plays in Grade 12)

Secretary - Annelise Price (Children who play in Grade 10 & 8)

CADETS SUPPORTERS GROUP

Our AGM will be held at 7pm-8pm on Monday 4 March in the Cadet Shed. All positions on the committee will be declared vacant and new members are welcome to take on roles within the Cadet Supporters Group. See official notice [HERE](#).

Cadets will commence parading for the year on Monday 4 Feb, 5pm-8pm.

New members are welcome (must be 12 years of age or older) and can trial before joining and paying any fees.

Contact david.gertner@armycadets.gov.au for any enquiries.

Regards,

Marion Smith
President Cadet Supporters Group

SUPPORTER GROUPS

PAST STUDENTS SUPPORTERS ASSOCIATION

ATTENTION PAST STUDENTS

We're excited to announce that the St Paul's Past Students Association will be revised and re-formed (under the umbrella of the St Paul's School Supporters Association) as the Past Students Supporters Group (PSSG). The goals of the new PSSG will include –

- Professional links and networking (as well as promoting mentoring, work experience and internship opportunities)
- Providing social links including reunions and forming clubs (such as a Garden Club, Community Choir, Community Orchestra)
- Opportunities to give back to the School; philanthropy, service (coaching, volunteering), marketing

All past students are invited to attend the inaugural **Annual General Meeting** of the PSSG. Details are below and we would love to see you there.

Date: Tuesday 12 February, 2019

Time: from 6.30 pm

Venue: Tooth Lounge, St Paul's School (refreshments to be provided by SPS)

Please spread the word of this meeting through any informal networks of SPS alumni that you are a part of. I hope to speak with many of you again soon.

COMMUNITY NEWS & NOTICES

BALD HILLS SCOUT GROUP

Bald Hills Scout Group

508 Bracken Ridge Road, Bald Hills
(adjacent to Harold Kielly Park & "The Duck Pond")



Scouting is adventure!
... and friends and fun

Open Day
Saturday 2 February 2019
10am - 12pm



Scouts gets you outdoors to learn leadership, resilience, working with others and more. Just as important are the friends you'll make and the fun you'll have.



Joey Scouts
Ages 5*-7



Cub Scouts
Ages 8-11



Scouts
Ages 11-14

Contact Rod on Mobile: 0468 468 420

*must have had their 5th birthday and be eligible to start year 1 prior to commencing in this section.